



National Nutrient Database for Standard Reference  
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Statistics Report 01146, Cheese, parmesan, shredded

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	25.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	415	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1737	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	37.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	27.34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	6.39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	3.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.90	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
<strong>Minerals</strong>													
Calcium, Ca	mg	1253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	51	4	1.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1696	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.19	4	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	23.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.352	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.527	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.105	15	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	8	20	0.856	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	20	0.856	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin A, RAE	µg	229	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	223	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Carotene, beta	µg	73	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin A, IU	IU	865	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin D	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin K (phylloquinone)	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	17.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	1.375	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.515	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
8:0	g	0.275	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
10:0	g	0.686	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
12:0	g	0.920	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
14:0	g	3.079	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
16:0	g	7.378	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
18:0	g	2.432	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/1995
Fatty acids, total monounsaturated	g	8.734	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.458	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	7.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.177	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Fatty acids, total polyunsaturated	g	0.661	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.345	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Cholesterol	mg	72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.560	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.531	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	2.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	4.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	3.843	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	1.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.274	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	2.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	2.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	2.853	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.531	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.609	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	1.218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.599	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	9.543	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.723	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	4.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	2.404	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009